

UPLIFT: A monthly ASCA newsletter of thriving and inspiration. Exclusively from The Morris Center for Healing from Child Abuse.

JANUARY 2020



UPLIFT

Featuring positive, uplifting information exclusively from The Morris Center for Healing from Child Abuse.

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**We want to say a big
THANK YOU to all who made
donations in 2019.**



Your donations help ensure we are able to pay for costs maintaining our website, explore new ways to develop the ASCA program, and help set up new support group meetings around the world. We are committed to our continued service to countless survivors and therapists. We would not be here without YOU!

Thank you



Happy Martin Luther King Jr. Day



CONSIDER CREATING A **VISION BOARD
TO HELP YOU ACCOMPLISH PERSONAL GOALS IN THE
YEAR 2020**

Images and words that represent your personal goals, can encourage focus on being who you want to be, and living the way you want to live. Creating a visual collage of your goals can be both fun, and easy.

TIPS FOR CREATING A VISION BOARD:

- **Use only positive images and words**
- **Be clear about what you REALLY want**
- **Consider ideas and plans that EXCITE you the most**
- **Place your vision board somewhere you will see it OFTEN**

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UPLIFT joins our still ongoing, quarterly newsletter. We would love to feature you. If you would like to volunteer, have comments or would like to provide supportive feedback for anyone featured in this newsletter, send an email to ascanewseditor@gmail.com by including their name in the subject line of your email.

A special thank you, to all those who have made a [donation to the Norma J Morris Center](#). We would not be here without you.

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